



WARM UP

NEVER GONNA GIVE YOU UP

WAVE 61



Intro	Jog								16x
Verse	<u>JOG HEEL 4 / DOUBLE INSTEP 2</u> Jog Heel 4 / Double Instep 2 (Arms: Breaststroke & hold / Reach for Opposite heel)								4x
Chorus	<u>ANGLE JACK 2 / RUN 3 HOLD</u> Angle Jack 2 / Run 3 Hold (2) (Arms: Upright row 2 / Running)								4x
Bridge	<u>FLICK KICK SSD</u> Flick Kick Single Single Double (Arms: Scoop SSD)								8x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LINEAR

EDGE OF THE EARTH

WAVE 61



Intro	Small Kick Back								16x
Verse	<u>KICK BACK 8 / TRIPLE KICK BACK</u> Alternate Kick Back 8 / Triple Kick Back & Jump Together (Arms: Push forward)								2x
Chorus	<u>TUCK 2 / KICK 4</u> Tuck Jump 2 TVL Forward / Kick 4 – ¼ Turn (Arms: Paddle / Scoop)								4x
Bridge	<u>HEEL & TOE 4 / SOCCER KICK 4</u> Heel & Toe 4 / Alternate Soccer Kick 4 (Arms: Punch down & fist back / Cross & pull back)								2x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LATERAL

GLAMOROUS LIFE

WAVE 61



Intro	Wide Jog								16x
Verse	<u>WIDE JOG SSD</u> Wide Jog - Single Single Double (Arms: Sweep over opposite knee)								8x
Chorus	<u>JACK / JACK CROSS 2</u> Jack / Fast Jack Cross 2 (Arms: Open side / Bend elbows)								8x
Bridge	<u>CROSS COUNTRY 6 / TUCK</u> Cross Country 6 - Travel Side / Tuck Jump (Arms: CC sweep / Push down)								4x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED

WITHOUT YOU

WAVE 61



Intro	Run								32x
Verse	<u>RUN BACK 8 / MOGUL 4</u> Run 8 TVL Backward / Mogul 4 TVL Forward (Arms: Running / Paddles)								4x
Chorus	<u>SKATE 4 / RUN HEEL 8</u> (Arms: Sweep side / Running)								4x
Bridge	<u>FUNKY JACK 4 / SHUFFLE 8</u> (Arms: Bent elbows / Running)								4x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



GROUP

YOUR LOVE IS DRIVING ME CRAZY

WAVE 61



Intro	Run, Get Into 2 Lines, Facing Each Other								32x
Verse	<u>RUN 16 / DIVE BACK 4</u> Run 16 TVL To Partner Group / Dive Back 4 – Travel Backward (Arms: Running / Reverse sweep)								2x
Chorus	<u>JACK 180 / MOGUL F/B 2</u> Jack & Turn 180 (2) / Mogul Forward & Backward 2 – Lines Should Be Facing Each Other (Arms: Sweep side / Sweep open & close)								2x
Bridge	<u>LEAP SIDE 4</u> Face Front(Instructor) Leap Side 4 - Travel (Arms: Reach across body & sweep side)								2x
FINISH	Land & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SUSPENSION

COULDN'T BE BETTER

WAVE 61



Intro	Get Into Neutral Position								16x
Verse	<u>SINGLE LEG TUCK 3 / TOUCH DOWN</u> In Neutral Position, Suspend 1 Leg, Lift Other Leg 3, Touch Down (Arms: Scull to maintain control)								8x
Chorus	<u>CROSS COUNTRY CIRCLE</u> Neutral Cross Country – Drawing A Semi-circle (Arms: Maintain control)								16x
Bridge	<u>SHOOT THROUGH CIRCLE</u> Suspension, Tuck & Shoot, ¼ Turn Right (4) (Arms: Maintain buoyancy)								2x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



UPPER BODY

HYPNOTIZED

WAVE 61



Intro	Straddle Noodle							
Verse	<u>BICEPS SCOOPS 16 / BREASTSTROKE 4</u> In Flotation (Arms: Biceps scoops TVL backward / Breaststroke 4 TVL forward)							2x
Chorus	<u>TRICEPS 16 / REVERSE BREASTSTROKE 4</u> In Flotation (Arms: Triceps press TVL forward / Reverse breaststroke 4 TVL backward)							2x
Bridge	<u>LAT EXTENSION 3 & SWEEP DOWN</u> In Flotation (Arms: Lift in wide "W" 3 & sweep down 1)							8x
FINISH								
V1	C1	B1	V2	C2	B2	V3	C3	B3



LOWER BODY

TIME AFTER TIME

WAVE 61



Intro	Position Noodle In Back, Under Arms							
Verse	<u>SINGLE LEG V-SIT 4 / ADDUCTOR CROSS 8</u> In Flotation, Alternate Leg Sweep Out & In 4 / Fast Leg Cross 8 (Arms: Squeeze noodle to maintain upright posture)							2x
Chorus	<u>BICYCLE 8 / SEATED KICK 8</u> In Flotation, Single Bicycle 8 TVL Forward / Single Seated Kick 8 TVL Backward (Arms: Squeeze noodle to maintain upright position)							2x
Bridge	<u>CROSS COUNTRY 8 / ANGLED DOLPHIN 4</u> In Flotation, Cross Country Center 8 / Angled Dolphin Kick 4 (Arms: Squeeze noodle to maintain upright)							2x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

REMIND PARTICIPANTS TO SIT TALL, LEGS AT 90 DEGREES, KEEPING LATS ENGAGED



CORE
FIRE

WAVE 61

**waterⁱⁿ
motion®**

Intro	Noodle In Hands, Stand Tall							
Verse	<u>STANDING CRUNCH 16</u> Jack & Slight Forward Flexion 16 (Arms: Circle noodle towards hips)							1x
Chorus	<u>DIAMOND CRUNCH 16</u> In Neutral, Lift Feet – In Diamond – Towards Surface & Down 16 (Arms: Maintain control - push noodle down)							1x
Bridge	<u>Mountain Climb 16 / CROSS CLIMB 16</u> In Neutral, Angle Legs Back & Touch Bottom – Knee To Same Arm 16 / Cross Knee To Opposite Arm 16 (Arms: Submerge noodle UNDER shoulders & hold)							1x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY
YOUR SONG

WAVE 61

**waterⁱⁿ
motion®**

Intro	Open & Close Arms							
Verse	<u>GLUTE / ADDUCTOR / HAMSTRING STRETCH</u> Cross Ankle Over Knee / Abduct Leg / Hamstring (Arms: Figure 8 (3) / Reach under thigh / Sweep leg forward)							2x
Bridge	<u>QUAD / HIP STRETCH</u> Lift Heel Toward Glute / Cross Leg Behind – IT Band (Arms: Open for chest stretch & Reach for foot / Reach up)							2x
Chorus	<u>CALF STRETCH 3 & HUG</u> Step Back To Calf Stretch / Step Back Foot Forward (Arms: Soft block 3 / Hug around body)							2x
FINISH	Stand Wide, Lower Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3



(BONUS) FLOTATION

DANCING IN THE FLAMES WAVE 61



Intro	Position Noodle In Back, Under Arms							
Verse	<u>2 ANGLED CROSS COUNTRY TUCK</u> 2 Angled Cross Country Tuck – Touch Down First (Arms: Maintain flotation)							4x
Chorus	<u>SIDE FLUTTER 12</u> In Flotation, Side Flutter 12 TVL – Tuck & Change (Arms: Maintain flotation)							4x
Bridge	<u>PEDAL PUSHER 3 & HOLD</u> In Flotation, Push Heels Toward Bottom 3 & Hold (Arms: Maintain flotation)							16x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



(BONUS) CHRISTMAS

YOU AND ME AND CHRISTMAS WAVE 61



Intro	Noodle In Hands, Stand Tall							
Verse	<u>STANDING CRUNCH 16</u> Jack & Slight Forward Flexion 16 (Arms: Circle noodle towards hips)							1x
Chorus	<u>DIAMOND CRUNCH 16</u> In Neutral, Lift Feet – In Diamond – Towards Surface & Down 16 (Arms: Maintain Flotation - Option: push noodle down)							2x
Bridge	<u>Mountain Climb 16 / CROSS CLIMB 16</u> In Neutral, Angle Legs Back & Touch Bottom – Knee To Same Arm 16 / Cross Knee To Opposite Arm 16 (Arms: Submerge noodle UNDER shoulders & hold)							1x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

IF USING THIS CHRISTMAS SONG, IT CAN BE SUBSTITUTED FOR TRACK 9